



FALLS

INJURY, DEATH & COST

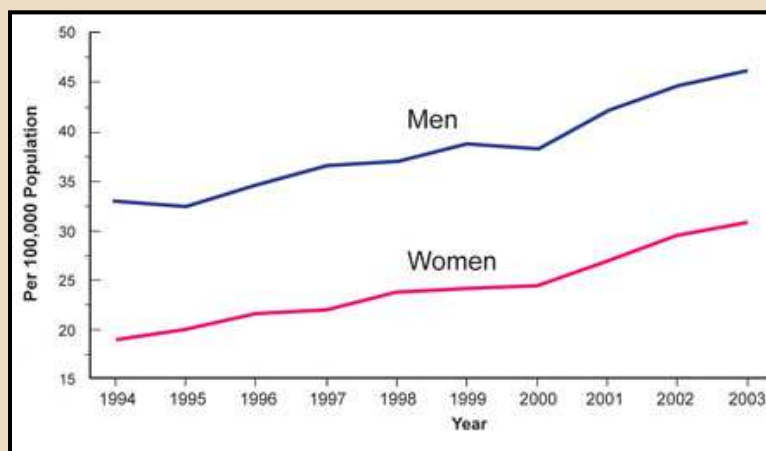
THE SHOCKING TRUTH

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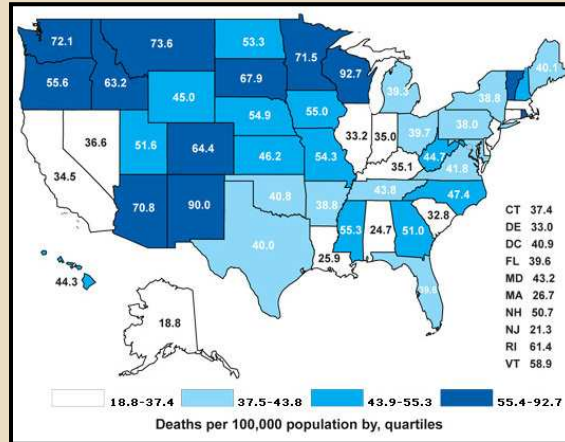
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Age Adjusted Fatal Fall Injury Rates Among Men and Women Aged 65 Years and Older, United States, 1994–2003



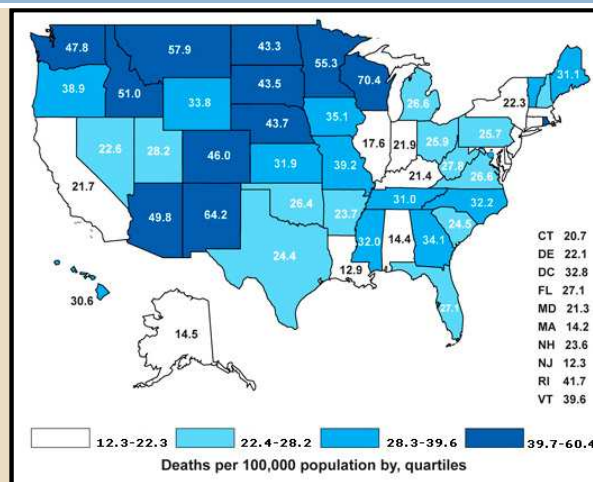
Source: Department of Health & Human Services Centers for Disease Control via
<http://www.cdc.gov/ncipc/duip/adultfallsfig-maps.htm>

Age Adjusted Fatal Fall Injury Rates Among Men Aged 65 Years and Older, United States, 2000–2003



Source: Department of Health & Human Services Centers for Disease Control via
<http://www.cdc.gov/ncipc/duip/adultfallsfig-maps.htm>

Age Adjusted Fatal Fall Injury Rates Among Women Aged 65 Years and Older, United States, 2000–2003



Source: Department of Health & Human Services Centers for Disease Control via
<http://www.cdc.gov/ncipc/duip/adultfallsfig-maps.htm>

How big is the problem?

- ▣ Among older adults, 60% of fatal falls occur in the home, 30% in public places and 10% in healthcare institutions.
- ▣ One in three adults 65 and older falls each year.
- ▣ Of those who fall, 20% to 30% suffer **moderate** to **severe** injuries.
- ▣ Older adults are hospitalized for fall-related injuries five times more often than injuries from other causes.
- ▣ More than two-thirds of injury reported deaths after age 85 are related to falls.
- ▣ Annually those admitted to a hospital after a fall, only about 50% will survive.

Source: Department of Health & Human Services Centers for Disease Control via <http://www.cdc.gov/ncipc/factsheets/fallcost.htm> and Carroll Hospital Group Fall Prevention Protocol via <http://www.carrollhospitalgroup.com/pages/education.php>

How big is the problem?

▣ In Nursing Homes:

- ▣ Nursing home residents account for 20% of deaths from falls although they make up only 5% of those 65 and older.
- ▣ Each year, a typical nursing home with 100 beds reports 100-200 falls; many falls go unreported.
- ▣ 75% of residents fall each year.
- ▣ Residents fall more than once; on average 2.6 times per year.
- ▣ About 35% of fall injuries occur among residents who cannot walk.

Source: Department of Health & Human Services Centers for Disease Control via <http://www.cdc.gov/ncipc/factsheets/nursing.htm>

Falls, Hip Fractures & Death



- ❑ Over 90% of hip fractures are caused by falling.
- ❑ One out of five hip fracture patients die within a year of their injury.
- ❑ Most patients with hip fractures are hospitalized for about one week.
- ❑ Up to one in four adults who lived independently before their hip fracture has to stay in a nursing home for at least a year after their injury.
- ❑ It is estimated that the number of hip fractures will exceed 500,000 by the year 2040.

Source: Department of Health & Human Services Centers for Disease Control via <http://www.cdc.gov/ncipc/factsheets/adulthipfx.htm>

Cost of Falls

- ❑ For those over the age of 72 who are injured in a fall, they can expect to pay on average \$19,440.
- ❑ Annually, hip fractures cost \$40,000-\$80,000 each.
- ❑ In 2000, the total direct cost of all fall injuries for those 65 and older exceeded \$19 billion; \$0.2 billion for fatal falls.
- ❑ By 2020, the annual direct cost and indirect cost of fall injuries is expected to reach \$54.9 billion.

Source: Department of Health & Human Services Centers for Disease Control via <http://www.cdc.gov/ncipc/factsheets/fallcost.htm> and Carroll Hospital Group Fall Prevention Protocol via <http://www.carrollhospitalgroup.com/pages/education.php>

Common Causes for Falls

□ Environmental Factors

- Loose rugs and slippery floors
- Clutter
- Poor lighting
- Lack of hand rails
- Loose shoelaces
- Being in a rush
- Carrying a heavy load
- Pets



Common Causes for Falls, Cont.

□ Physiologic Factors

- Balance & Mobility
- Medications
- Poor nutrition
- Arthritis
- Depression
- Vision Problems
- Muscle Weakness – (Exercise!)



Fall Risk Assessments

- Morse Fall Scale
- Hendrich Fall Risk Assessment
- Hendrich II Scale
- Timed Up & Go Test
- Multidirectional Reach Test
http://www.stopfalls.org/service_providers/sp_bm.shtml
- Berg Balance Test
- Four Square Step Test
- Home Environmental Assessment



So what can we do about it?

